

STUDENT LIFE

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SU budget passes Senate, Treasury

Significant cuts made to Executive Committees



Student Union Treasury debates the proposed SU budget for 2007-2008 on Tuesday, April 24. With a few notable exceptions, including WUTV and the Executive Appeals Fund, the budget passed both Treasury and Senate without amendment.

BY HANA GREENBERG
CONTRIBUTING REPORTER

Late into the night on Tuesday members of Student Union (SU) Treasury discussed the 2007-2008 budget proposed by the SU Executives, which totals almost 2.1 million dollars.

The budget passed Treasury with minor changes and was confirmed by the Senate on Wednesday night with no further amendments.

The proposed budget generated especially heated debate as Executive Committees, including WUTV, KWUR and Filmboard, took major cuts in their annual operating budgets.

The cuts came as part of an initiative by the SU Executives to be more forward-thinking with regard to the budget.

"The Student Union budget needs to be looked at from a historical point of view, but also from a future point of view," said junior Neil Patel, president

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Students react to SU budget cuts

BY SARA RAJARAM
ASSIGNMENTS EDITOR

Student Union finalized and approved the 2007-2008 budget this week, resulting in substantial cuts for executive committees such as the Gargoyle committee, Team 31, WUTV, KWUR, Filmboard and the campus contribution groups such as the Assembly Series.

According to junior Neil Patel, SU president, and sophomore Marius Johnson, SU treasurer, the executive committee cuts were designed to fund these groups for bare operating costs. The executive groups will then have the option of appealing to a new Executive Appeals Account, consisting of \$75,000, for costs that the preliminary budget allocated

does not cover. Non-executive groups will continue appeal to the general Treasury account.

WUTV, the campus television station, faced one of the biggest allocation cuts, from \$42,500 to \$26,440. According to freshman Jeff Nelson, treasurer of WUTV, the allocation covers the group's minimum costs, but if equipment breaks down, the group would not have the funds to replace it.

In that event, WUTV would have to appeal to the Executive Committee Appeals Account. Nelson noted that if a substantial number of the executive committees appeal, the account could potentially run dry.

Nelson reasoned that 20

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Student health insurance fee rises for 2007-2008

BY ANDREA WINTER
NEWS EDITOR

Even as many students report being unaware of the student health insurance plan, the Student Health Fee, a mandatory fee that covers the insurance plan, will experience a three percent rise in cost next year.

For the 2007-2008 academic school year, the Student Health Fee will rise to \$669 from this year's cost of \$660.

According to Debra Harp, this rise is moderate. Nationally, the cost of health insurance has been rising 14% each year. The cost of student health insurance at the University has not greatly changed since the inception of the program plan

in 2001.

"We constantly monitor the cost of insurance. We want to make sure it doesn't go up," said Harp.

All undergraduate students and full-time graduates students are automatically enrolled in the student health insurance plan upon academic enrollment. The plan is operated by the Lower Agency and allows students to use providers within the Great West health-care network.

"Some students were sick, but didn't want to seek health-care because they couldn't afford it. This put other students at risk," said Harp.

In comparison to other colleges, the University offers

a cheaper insurance plan. Among the reasons for the University plan's affordability is that students are not required to pay a deductible. The University plan automatically covers 80 percent of medical bills.

"Our premiums are extremely low. Premiums at most other comparable universities would run at anywhere from \$1100-1500. This year ours was at \$660," said Harp.

Student Health Services also allows students to receive many services at a cheaper rate. For example, it would typically be more expensive for a student to get blood drawn from an outside hospital instead of at Student Health Ser-

vices because students would most likely have to pay a deductible.

Participation in the student health insurance plan has not always been mandatory. It was not until 2003 when the state of Missouri enacted a law requiring that students receive primary healthcare coverage through the University's plan.

Prior to the establishment of a requirement for University health insurance card. Sophomore Marguerite Burkham was generally uninsured. According to a recent study from the University of Arkansas, between 20 and 30 percent of students are uninsured.

Many students report they have no idea that they are par-

ticipating in a University plan. Junior Hillary Moffat said she was surprised to find that a University plan existed.

Lack of student awareness can be problematic; if a student goes to the hospital, he or she is required to provide information about his or her insurance plan. Theoretically, students who visit the hospital should present their Washington University insurance card.

Sophomore Marguerite Burkham was also unaware that she was participating in the University's insurance plan. She said that she carries her insurance card from her parent's provider with her but that she does not have a University card.

"I think it is kind of silly that we have to get insurance from our school. It does seem a little unnecessary when most people have insurance with their family," said Burkham.

The University does not maintain statistics on the number of students who receive insurance through their parents.

Student Health Services educates residential advisors about the student health insurance and sends e-mails to all students each summer.

But students, such as Burkham, said they do not remember receiving any information about the plan.

"I just assume that my parents are handling it," she said.

Engineering forum details plans for school's future

BY PUNEET KOLLIAPARA
SENIOR STAFF REPORTER

Dean Mary Sansalone presented a detailed version of her plan to modernize the engineering school on Wednesday evening at a forum sponsored by the Engineering Council.

Sansalone's "Plan for Excellence" was unveiled during the fall semester, causing some controversy within the engineering community.

During her presentation, Sansalone outlined the elements of and motivations for several major changes set to occur over the next several years.

"Dean Sansalone is developing plans for the future that will guide our investments, guide our programs, guide our recruiting activities and will position us to

meet the many challenges that will face us throughout this century," said Chancellor Mark Wrighton, who spoke at the start of the forum.

The changes include efforts to decrease the student-to-faculty ratio, reorganize the academic departments and add Writing 1 as a requirement for all engineering students.

Sansalone explained that, in comparison with other peer institutions, the School of Engineering has a relatively high undergraduate student-to-faculty ratio.

Sansalone announced that this ratio would be reduced to 10 to 1 by 2010, from its current level of 13 to 1, through the hiring of several new faculty members and the reduction of the undergradu-

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It's only 26.2 miles...



Find out about these marathon-running Wash. U. graduate students and their successes in races ranging from St. Louis to Boston. Sports, Page 6

Fresh from the oven



Know your way around the kitchen? Wish you did? Find out where and how you can learn to cook better. After all, Bear's Den is only so good. Scene, Page 8

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I THINK, THEREFORE IFEST



Students eat traditional foods at Ifest, a celebration of the foundation of Israel, in Bowles Plaza on Wednesday, April 25.

STUDENT LIFE

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Compiled by Liz Lewis

Friday, April 27

Senior Sculpture Show

Come support your seniors at the annual sculpture show, hosted by the Washington University sculpture department, at the Des Lee Gallery. It is open from 6-8 p.m. today and from 6-9 p.m. Saturday. The show will feature performance, installation, video, drawing, and, of course, sculpture. The Gallery is located on 1627 Washington Avenue.

Saturday, April 28

3-on-3 Basketball Tournament

Shoot some hoops on the Swamp in a charity tournament hosted by Lambda Sigma sophomore honor society. All proceeds go to the Ronald McDonald House. The event will have one free McDonald's food to feed 150 people. For teams of 3-4 guys, the entry fee is \$2 per person. Prizes include one free month of tanning, 2 yoga classes, a \$25 gift certificate to Fittz's and two tickets to Six Flags. The action starts at 2 p.m. and ends at 4 p.m.

Aspen Santa Fe Ballet

This dance troupe, described as a contemporary American ballet company with a European flavor, will perform at Edison Theater Saturday at 8 p.m. and at 2 p.m. on Sunday. The event is co-sponsored with Dance St. Louis. Tickets are \$18 for students, \$25 for faculty and staff and can be purchased at Edison Box Office.

Sam Jam benefit concert

Local blues guitarist Rick McDonough is performing at this benefit concert hosted by Sigma Alpha Mu (Sammy) fraternity. The live music takes place from 4 p.m. on the Sammy porch, located at House #1. All proceeds will benefit the Alzheimer's Association.

Sunday, April 29

"Strings for the Strillings" benefit concert

Sponsored by the Alliance of Students Against Poverty, the event sounds of classical music will fill Brown Hall from 6:30-9:00 p.m. The event will feature the music of Dmitri Shostakovich, Edward Glig, Franz Schubert, Antonin Dvorak and Bela Bartok. A reception will follow. All money donated will go to Fred St. Louis, St. Patrick's Center, Gateway Homeless services and Helping Hands. \$3 is the suggested donation.

ENGINEERING ❖ FROM PAGE 1

ate engineering class size from 285 to 235.

"The advantage of this is that each student then gets more personal attention. There are more opportunities for many of them to work in research labs or to work in projects with faculty," said Sansalone.

Although 60 percent of University undergraduate engineers engage in some type of research, Sansalone said, there are currently not enough available opportunities to accommodate all requests.

Also, beginning next semester, Writing 1 will be required for engineers.

In an interview following the presentation, Sansalone noted the importance of writing skills for engineers.

"Engineering graduates lag behind in terms of writing ability, so we would obviously like to address that," said one of the school's in-

creased emphasis on serv-

ing society and assisting national and international needs in health care, poverty, energy and the environment. Some new research areas include more efficient sources of energy and neural engineering.

"Energy is one of the most important challenges that our country faces," said Wright. "And arguably, in as much as energy and the environment are inextricably linked, this set of issues will be confronting us for a good long while."

The presentation culminated in plans for a new engineering complex on the northeastern side of campus. The new buildings would be constructed around Whitaker Hall and in the surrounding parking lot. The school has not finalized plans for these buildings yet.

According to Sansalone,

International university leaders discuss energy, environment

BY JOSH HARTZ
NEWS EDITOR

Representatives from 20 premier universities in Asia and the Middle East are coming to Washington University as part of the International Symposium on Energy and Environment May 4-7. The goals of the symposium are to develop a global network and to focus on challenging issues in the 21st century.

Sponsored by the McDonnell International Scholars Academy, which attracts talented international students to graduate school, the event also hopes to establish long-term bonds for the sake of research.

Fifty faculty members will be coming in all, including 12 university presidents.

"This is the first time a group of premier universities are together in one place anywhere in the world to talk about energy and the environment," said James Wertsch, director of the McDonnell International Scholars Academy. "There are many different research programs that often times don't know about each other. Part of the issue is getting a world-class group of researchers together and saying, 'Oh, I never knew you were working on that.'"

In an increasingly globalized world, the University has put emphasis on international bonds between international universities.

"Every university president is talking about how to be a global citizen," said Sansalone.

sity, but nobody knows exactly what this means or how to do it," he said. "Sending students abroad is one good thing, and so is opening up campuses in other countries. That's a way of building ties with other institutions."

Pratim Biswas, a professor of environmental engineering science, is head of the scientific side of the symposium. Biswas is also working on developing many ideas to foster these global relationships.

"We will collectively address what important environmental and energy issues universities face today," he said. "We will identify what they need to do with regard to education, research, policy and sustainable campuses."

Biswas identified four central topics to be discussed: aerosol and air quality, water resources, energy and environmental education. He stressed three questions that accompany each topic, including identifying important issues, finding the strengths of each university and figuring out how the universities can form a multilateral team to address these issues.

Key speakers addressing these issues will include former U.S. Ambassador to the United Nations Thomas R. Pickering, Monsanto Company Chairman Hugh Grant and National Academy of Sciences President Ralph J. Cicerone.

Biswas also discussed his plan to expand an existing environmental and energy education Web site created for a symposium, www.eneducation.org.

edu. The site contains a listing of classes offered by the 20 partner schools of the Academy and groups them by topic. He ultimately wants the course's content and professors' research to be made available to everyone.

"We can then start a discussion group and promote interaction," he said. "I'm most excited about the educational aspects. Also, what do we do in the future? How do we reach students at other schools? Technology has a big role to play."

In conjunction with this theme, Biswas hopes to have classrooms with the ability to connect with partner universities via satellite in the new buildings for energy, environmental and chemical engineering set to be built.

The McDonnell Academy, founded in 2005, currently has 16 partner universities in Asia and four in the Middle East, including Turkey and Israel. The Academy formed these partnerships based on what made the most sense for the University, according to Wertsch.

However, Wertsch anticipates having 30-35 partner institutions by next year and moving into other regions like Latin America and Eastern Europe. He also plans on having 30 Academy scholars for next year, increased from the 18 that participated this year.

The sessions and speeches will open for everyone to attend. The full program schedule can be found by navigating through www.mcdonnell.wustl.edu.



Dean Sansalone speaks about the changes to the engineering school and the prospects for the future at a forum on Wednesday, April 25.

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BUDGET ❖ FROM PAGE 1

of SU. "Things might change as things change on campus — for example, the creation of a new University Center or bringing the debates to campus. Student Union needs to be more flexible to reflect the changing desires of students."

Patel and Treasurer Marius Johnson explained that this year's budget required more changes than it had in years past.

"We wanted to be able to provide more flexibility for Treasury and Senate," said Johnson. "For Treasury, this means strengthening the appeals account for Category 1 and 2 student groups, and for Senate, it means giving them a greater ability to show financial support for its resolutions."

By funding events like Bauhaus and Senior Week, during the initial budget phase, the appeals fund will have more money to cover for other student groups.

Additionally, the Sports Club Federation, the umbrella organization for all club sports on campus, was changed to an executive committee instead of a Category 1 group. As a result, the amount of money available for Category 1 groups next year will increase substantially.

The budget proposed by the SU Executives worked to cover each group's minimum operating cost, especially those of the executive committees who receive the largest proportion of funding.

"The interviews worked to find what the minimum amount that would suffice for their needs and let them operate," stated Johnson. "Things like equipment breakdown and repairs would be controlled by the executive appeals account."

Johnson explained his hope that this new system, in which groups are required to communicate more with SU executives, will result in more mutual accountability by cutting down on the number of large allocations that can be spent without SU supervision.

Specifically, the new system allows executive committees to appeal to a separate executive appeals account controlled by the SU Executives, sized at \$750,000 in the final budget. The creation of the new appeals account is, in part, a reaction to a constitutional council decision earlier this year, which states

SU Budget Allocation Proposal

	2006-2007 Allocation	2007-2008 Allocation
Executive Council		
Executive Appeals	N/A	\$75,000.00
KWUR	\$54,000.00	\$30,000.00
WUTV	\$42,500.00	\$26,440.00
Sports Club Federation	\$106,324.52*	\$120,000.00
Mr. Wash. U.	\$7,500.00	\$9,650.00
Hatchet	\$5,000.00	\$10,120.00
SHAC	\$18,035.88**	\$17,300.00
	\$10,670.00**	
Campus Week of Dialogue	\$2,668.25**	\$740.00
Social Programming Board (SPB)		
Team 31 Productions	\$240,000.00	\$225,000.00
Campus Programming Council	\$111,000.00	\$97,080.00
Filmboard	\$6,500.00	\$5,380.00
Gargyle	\$53,500.00	\$31,000.00
	\$54,250.00**	
SPB Standing Fund	\$7,500.00	\$8,664.05
Allocation Boards		
Appeals and Speakers	\$102,866.22	\$240,000.00
Category 1 Operating Budget	\$375,000.00	\$375,000.00
Category 2 Operating Budget	\$18,000.00	\$22,000.00
Assembly Series		
	\$100,000.00	\$40,000.00

*Total of category 1 allocation for Fall 2006 and Spring 2007
**Boded totals are totals after appeals

ANNU SHORRIST / STUDENT LIFE

that executive committees cannot appeal to Treasury.

"Student Union is not saying these executive committees aren't going to get [more] money, we're just saying we are hesitant to give them such

large sums of money up front with no ability to do anything about it later," said Johnson.

—With additional reporting by Sam Gazdik and Sara Rajaram

REACTIONS ❖ FROM PAGE 1

executive groups must appeal to this same account, that is roughly equal to the executive committees' budget cuts.

"My intuition is that there is not enough money in this account for groups like KWUR and WUTV to operate at the same level as last year," said Nelson.

Johnson does not anticipate that the amount of the account will prove insufficient to fund executive committees who need it because not all 20 groups will need to appeal. In addition, Johnson believes that SU will see more revenues next year, a portion of which can be allocated towards the executive appeals account.

Senior John Klacsmann, KWUR general manager, voiced a concern that the account will provide executives with under power over KWUR operations.

"I do not support the creation of an Executive Committee Appeals Fund because it gives the Student Union Executive Officers too much influence over student media output. By allocating media groups only the minimum necessary to operate, the new appeals process allows the Student Union executives to potentially influence the station's programming content," said Klacsmann.

In the newly passed budget, KWUR will receive \$30,000 as opposed to this year's \$50,000. Klacsmann said that KWUR has planned many special projects for next year and now funding for these projects is uncertain. In addition, the

rise in Internet royalties has increased the station's costs.

"We are going to have to appeal for these funds and we may or may not get it," said Klacsmann.

Freshman Alex Esche, Gargyle treasurer, said that their allocation is not sufficient to fund eight shows as planned. Given an allocation of \$30,000, down from \$54,000 last year, Esche estimates the budget alone will allow for four shows.

One show for the fall 2007 semester is already booked and will cost \$10,000 and the cost of replacing equipment is approximately \$5,500. The Gargyle, however, has scheduled future meetings with executives to further discuss the budget.

"It doesn't cover costs of performers, overhead charges and security," said Esche.

When asked about the possibility of appealing to the Executive Committee Appeals Account, Esche said, "It doesn't really matter how much money is in the account. We can't book shows unless we know we have enough money to book it, and we can't appeal unless we have shows booked. It's a catch-22."

Johnson stated during Tuesday's Treasury meeting that the intention behind the cut was to encourage the Gargyle to aim towards higher quality shows.

"Our goal was to fund the Gargyle so they could focus their efforts on those fewer shows and work on making them higher-caliber shows."

Our goal was eight shows, but we understand there may be difficulty in attaining this number," said Johnson.

The budget allocation towards the Assembly Series will also see some changes for the following year. The Assembly Series is set to receive \$40,000, with a newly instituted speaker series fund set up with a budget of \$40,000 as well. The Assembly Series received \$100,000 this year, so the new budget cuts funding towards speakers by \$20,000 and allocates it towards two separate accounts.

"We'll move on from the certain bureaucratic elements of the Assembly Series. It has to be at 11 a.m., you have to submit all the speakers at once and it has to go through a certain process. If a different committee can approve the speakers, I think the positives of that can far outweigh the negatives," said Patel.

Furthermore, Patel notes that the new speaker series fund will allow SU to bring more nationally recognized speakers to campus. Currently, the Assembly Series Committee must allocate money towards specific groups, not taking into account the speakers that the groups will sponsor.

"It's a greater focus on the name of the speaker. It's hard to say we want to bring in a speaker for this amount of money without knowing the name because that's a huge factor in how many people come to the assembly series," said Patel.

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STAFF EDITORIAL

Student Speakers fund created to complement Assembly Series

The Assembly Series is a Student Union-funded program that invites well-known figures, such as Seymour Hersh and Seth McFarlane, to speak on campus. It is a laudable program, but it has always been hampered by its own scheduling. The Assembly Series is held at 11 a.m. on Wednesdays and unfortunately many students are in class at the time and unable to attend. According to the class listings found on WebSTAC, there are 1,417 Arts & Sciences students who are currently enrolled in classes that conflict with the Assembly Series speaking schedule. That is a substantial fraction of the student body and it simply isn't acceptable for so many students to be essentially barred from attending a series that is specifically designed for them.

Also problematic with the structure of the Assembly

Series are the specific rules for getting speakers. The Assembly Series Committee, a group composed of University students, faculty and staff, tends to shy away from choosing extremely political speakers in an effort to maintain a relatively non-partisan campus environment. To be sure, political speakers like Ann Coulter and Arianna Huffington have visited the campus in the past, but the overall makeup of the Assembly Series speaker lineup tends to shy away from those kinds of figures.

Student Union is working to correct this problem and we commend them for that. Last year, the Assembly Series maintained a budget of \$100,000. This year, Student Union has reduced the Assembly Series budget to \$40,000.

Complementing this budget cut is the creation of a

new Student Speakers Fund. Although the new fund will begin with \$40,000, this amount could potentially be increased should Student Union later deem it appropriate to do so.

This new program is similar to the current Assembly Series and it is the brainchild of the new Student Union executives. During our endorsement interviews for this of his intentions to start up this program. Patel explained that the Student Speakers Fund could bring in speakers who were not approved by Assembly Series. This new program would also schedule speakers during times that are more accommodating to the student body, such as during evening hours.

We commend Student Union for this plan. It will

allow more students to hear speakers on campus and these speakers can potentially offer provocative opinions that may spark debate and discussion among students.

With two budgets and two speaker programs, however, Student Union needs to be careful that the Student Speakers Series does not become just a second Assembly Series. SU needs to be receptive to the wants and needs of the students who will be attending these events. It also needs to find an efficient way of determining what times will be convenient for students. We hope the Student Speakers series, while able to bring in provocative speakers, will maintain a balance of the strong opinions across its speaker slate. We want to see conservative speakers and liberal speakers. Despite these caveats, we like this idea. Now make it work.

EDITORIAL CARTOON



Our daily Forum editors:

Monday: Christian Sheridan sherdan@artsu.wustl.edu Wednesday: Jill Strominger jstromi@artsu.wustl.edu Friday: Tess Croner tacroner@wustl.edu

To ensure that we have time to fully evaluate your submissions, guest columns should be e-mailed to the next issue's editor or forwarded to forum@studlife.com by no later than 5 p.m. two days before publication. Late pieces will be evaluated on a case-by-case basis.

We welcome your submissions and thank you for your consideration.

Couch bound

Here comes summer and I guess I'm finally ready to confess what I did last summer. I didn't do much. For almost four months I was sickenedly useless. I slept late, took naps and channel-surfed at night.

Tess Croner

My summer was basically an exercise in inactivity. And, not to brag, but I excelled. I spent my days lounging around in my pajamas reading books whose titles I can't remember. I baked a lot. I drank way too much coffee and regularly went to Whole Foods to buy organic free samples. I spent countless hours talking online or scrolling through Facebook photos. Whole days could pass without me ever leaving the house. In short, it was amazing.

But that doesn't mean I was totally comfortable with my slovenly lifestyle. Sure it was relaxing and pleasant, but I felt like a total bum—a waste of space, air and life force. As the months slipped by, my promises of getting a job and writing a best-seller became increasingly empty. In August I said I was going to get ahead on Forum articles and my study abroad application. Still, alas, the articles remained largely unwritten and the study abroad application due next week? Wasn't fully ignored. You might not have been able to see the truth behind my relaxed, beach bum exterior, but I was actually feeling pretty squirrely most of the time. Those four months may have been the first time in my life that I wasn't enrolling in something, that I didn't have stuff going on, that I wasn't "pushing it forward" (as my dad would say). Never before in my 19 years had I simply had nothing to do, and it was as unsettling as it was liberating.

Perhaps that seems like false grandeur for a summer spent primarily on the couch. But I feel like there is really something to total

inaction—something that is fundamentally missing in most of our lives. Yeah, I was lazy. Sloth-like. And at times I was pretty bored. But I still think checking out for a while is not only OK but necessary. It was pretty damn nice to get off the hamster wheel for just once. It felt good to not be stressed out or under some sort of deadline. Don't misunderstand (this is for my parents, professors and future employers): most of the time I'm happily working very hard to create a life and career for myself. But there is still something special about having a chunk of time and the freedom to do whatever you please—even if that's absolutely nothing.

"You may go to Wash. U., you may be the future, but you don't have to be making waves of change all of the time."

I have a research job lined up for this summer: June to the end of August, morning to late afternoon, all summer long. I will be away from home and I fully expect to work my butt off. I don't think I'd ever want to repeat last year's summer, but I must admit to some nostalgia for the luxury of time and freedom that I had before. I certainly do not regret the choices (or lack thereof) I made a year ago. Maybe you don't want to carry it to the extremes that I did for the sake of your grade and greater brain function, but remember: it's OK to give yourself a break. It's OK to decompress. You may go to Wash. U., you may be the future, but you don't have to be making waves of change all of the time.

Sometimes it's good to just stop and take a breather. Have a happy summer.

Tess is a sophomore in Arts & Sciences and a Forum editor. She can be reached via e-mail at forum@studlife.com.

What should be done after A Tech?

In light of the recent tragedy at Virginia Tech, in which a student procured guns and murdered his fellow students, there has been a lot of discussion over what types of standards we should set for who can have access to guns. One prominent suggestion has been that people who have been admitted to mental institutions should be barred from access to firearms. While I do not want to comment or enter the debate on what types of guns should be bought or whether or not anyone should

have the right to buy guns, I do want to weigh in on the proposal that we set different standards for people who have been institutionalized.

When it comes to restricting rights, that most members of society enjoy, from certain groups of people, it seems there are two questions that we need to ask.

The first is whether or not it is just to impose that restriction and the second is whether or not it will benefit society at large. I do not believe that limiting rights of patients who have been institutionalized is just,

nor do I believe this will be a benefit to society.

Limiting the right to guns for this specific group has that society believes them to have an attribute that allows them to be treated differently. If one has the ability to lose rights by signing into an institution, then people who would otherwise seek that type of help will shy away from it.

Many of the people who sign into institutions do so voluntarily because they have a desire to seek treatment and to learn to manage and control their illness. People are institutionalized for problems that range from self-mutilation to eating disorders to suicidal thoughts to schizo-

phrenia, and while some of these people could be committed involuntarily via a court order, many of them could be forced to seek the help that they need.

But if people believe that on top of the stigmatization that results from being institutionalized they will also be subject to different rights limitations, they are going to be less likely to voluntarily commit themselves to institutions in the earlier and less harmful stages of their disorders/illnesses and more likely to develop more pervasive disorders that could potentially cause more difficulties for society. We need to consider this backlash to all

type of policy.

We also need to consider whether or not this type of limitation is right at all. The suggestion that we do background checks to see whether or not people have been institutionalized unfairly restricts the rights of many types of patients whose reason for being institutionalized does not make them a greater risk to society. Should women institutionalized for anorexia be denied rights that other members of society enjoy? Is it fair for society to endorse a law that says everyone who has been hospitalized should be considered dangerous?

Whenever a tragedy occurs, we all sit back and try to

figure out what can be done to prevent the tragedy in the future. And it's easy to reach for the obvious solutions like disallowing people who have been institutionalized the same access to guns that the rest of society has. But the solutions that need to be put into place are never that simple. Every policy solution has complex complications and while we want to do whatever we can to prevent death, simply limiting the rights of a group is not the answer. There's too much at stake.

Jill is a sophomore in Arts & Sciences and a Forum editor. She can be reached via e-mail at forum@studlife.com.

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Are we too clean?

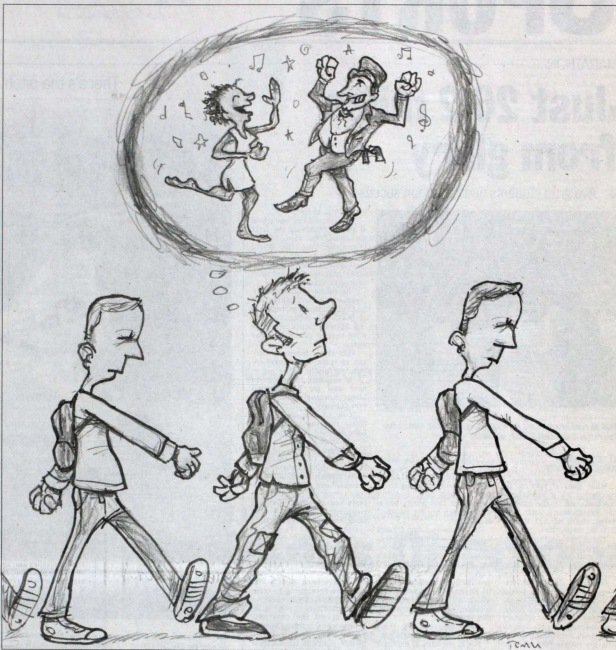
BY ZACHARY STEINER-THRELKELD
STAFF COLUMNIST

In his 1980 essay, "The Tale Bearers," V.S. Pritchett compares the pre-War I London of his childhood to its sterile version of the Cold War, recalling, "The smell of that London of my boyhood and bowler-hatted youth is stilled with me. The streets smelled of beer; men and boys reeked of hair oil. Vaseline, strong tobacco... The smell of women was racy and scented." When returning to antiseptic America from Cameroon, I had the same feelings: of all the differences, what most stuck out was the orderliness and the lack of engagement urged on the senses, which modern life has created.

While developing cities may be too dirty, our cities (and lives) are too clean. Whereas disease is directly related to the dirty conditions described by Pritchett, our immune systems do not fully develop without exposure to a modicum of dirt and grime; so today's over-sanitized, germophobic world actually impedes our body's ability to defend itself. Our cleanliness actually makes us more vulnerable to sickness.

In Yaoundé, the capital of Cameroon, the sensuousness exceeded anything to be found in developed cities. Vehicles are louder, people swarm throughout the streets, vendors hawk goods from everywhere and the odors of innumerable food stands float on the air. Granted, there are negative characteristics also stimulate the senses: rotting piles of trash or vehicles and spewing pollution, for example. Nonetheless, modern cities replace this intoxicating disorder with a stimulation of chaos. Taxis may speed, but they do so within lanes and obey traffic signals. People may throng the streets, but they walk on sidewalks and (usually) follow crosswalks. Paradoxically, more developed cities may be denser, but mass transportation and relatively quiet automobiles and buses digest this mass, making travel autonomous, quiet and scent-free. And abundant plumbing and cultural mores ensure that any contact will occur between clean, odorless individuals who momentarily enter each other's world only to resubmerge into an iPod or cell phone.

This is not to romanticize previous urban life. Festering piles of garbage mean disease and lack of water supply, cholera and malaria. At the same time, our cities lean toward the opposite extreme: weekly street cleanings, window washers, anti-noise laws, hygienic products for



TOM BROWN/STUDENT LIFE

every possible body pore and orifice and everyone's general barbersness mean we glide through whitewashed, anonymous, odorless, noiseless and smooth cityscapes.

In Yaoundé or turn of the century London, it is impossible to not notice other people and thus be aware of one's own essence, but today's ordered and senseless cities

negate this vitality. By losing contact with others, we in turn forget ourselves: without friction brought on by constant contact, we lose touch with our own boundaries and without boundaries we lack identity. In fact, tourists—necks to the sky, dourly and happily absorbing their surroundings—are probably more aware of their adopted

(foreign) cityscape than its inhabitants.

Today's urban life has lost a vitality which seemed to exist in turn of the century London and definitely persists in Yaoundé. Though more difficult, the very act of walking a mile to work while dodging cars and salesmen has intrinsic humanistic value. Current city lifestyles—descending

from an apartment to the subway and then receding into a cubicle—paradoxically isolate us amongst increasing density, ensuring that we barely see, and definitely do not smell or hear, our surroundings. Worse, if we refuse to acknowledge those who form the mosaic of our daily life, we can never start to understand ourselves. With

the ordering and fastidious cleansing of modernity's incessant march, we increasingly immerse ourselves in anonymity and lose the vitality which originally made urban life so appealing.

Zachary is a Junior in Arts & Sciences. He can be reached via e-mail at zsteiner@studlife.com.

LETTERS TO THE EDITOR

Please stop littering on campus

Dear Editor:

Everyone who gathered in the quad last Friday morning is lucky the University Web site is the southern side of Brookings looking west. Had it been pointed north towards the sun, an amphetamine, and the interviews could have seen a mass of college students litter their own quad. Why should our families and more importantly ourselves pay good money for an education and then litter our own campus? Has anyone else noticed the poor ability for some of our peers to pick up after ourselves in public (dormroom halls excluded). Because somebody else will pick it up? We're lucky that a few kind people stayed and cleaned up the beer cans, twinky wrappers and muffin cups left behind. Sure everyone might have been littered out of their minds, but it's strange to think that nothing goes on in a person's head when they drop a piece of trash from their dangling arm hoping the group they're socializing with won't notice in a matter where you are it would be silly to think you aren't aware when your trash ends up on the ground. It's not like a trash fairy took care of it for you.

And if you purposefully and successfully smash your garbage, what then? You've succeeded in being cool enough to

litter without anyone noticing? Are you getting your tuition's worth?

Any way, thanks for bearing with my venting, but it disappoints me that we can't do basic, 3rd grade stuff as (mostly) adult college students. Washington University's environmental departments are world renowned! Let's give them something to smile about on campus as they improve the world around us too. Recycle Mania is going on, Earth Day was on Sunday and odds are you will pass a recycling bin or trash can en route to your destination wherever you are on campus.

It's not that hard to hold on to a small bit of trash for those few feet of walking until you reach the proper bin. Good luck on finals, everyone—again, I'm not upset, but disappointed, where I come from, we learned at a young age how easy it is to not litter as opposed to the other way around. Please take a moment to be considerate to your school, your peers, and the planet with the little effort it takes to recycle or throw away your trash (and celebrate the beauty around you).

Happy post plant and earth day!

-David Schamker
Class of 2008

BY MICHAEL MURPHY
OF-ED SUBMISSION

My partner likes watching me play baseball. I like making fun of baseball. I especially enjoy ridiculing the game's fascination with arcane facts and statistics. "This is only the 13th time that a nine-fingered infielder has caught a pop fly after the third foul when the humidity has been over 69%, Jim!" "That's right Steve! The closest was in the Bullfrogs-Skaters season opener in '40. Whatta game!" Such achievements are inevitably followed by a round of high-fiving, chest thumping, and ass slapping—not that there's anything homophobic in baseball. Or homophobic. No, not at all. It's just 'boys' having fun with their bats and their balls. But I teach in Women and Gender Studies; my partner's a baseball-loving computer geek. Our differing perspectives are understandable. He gets Cardinals memorabilia every Christmas; I subsequently 'store' it in the basement. I sit on my end of the couch reading feminist theory; he sits on his end reading the box scores of a

Got game?: Baseball and rape

pasttime I consider, at best, a waste of public resources and, at worst, ritualized masculine violence. For nearly 14 years now that's how it is.

But I'm less amused by a similar obsession with arcane when it comes to rape and sexual assault. For years I've taught classes that include the topic and there never fails to be a student who plays what I call the "rape hypothesis game." Dennis Sweeney played the game in his op-ed "Rape is Ambiguous" (4/25/07). "If she had three drinks but I had only two, is it rape? If we were both drunk/wasted/can't remember the night before is it rape? If she 'regrets' having sex in the morning, is it fair that I'm accused of rape?" And so on. (Would that such creative questioning propelled my students' research papers?)

Do we ask similar questions about larceny? Robbery? Murder? If I only stole the bank guard twice with a borrowed but registered German handgun, is it still murder? What if I only stole the guard once?

The law makes fine distinctions between vari-

ous degrees of murder and manslaughter but no one seems to want to know how close they can come to killing without 'really' committing murder!

What is it about rape that compels us to ask how close we can get to it with actually breaking the law? I suppose it's good that my students want to better understand rape and sexual assault, but I find disturbing the questions seemingly designed to mark the (supposedly) fine line separating regrettable lovemaking

"Rape and sexual assault are not a game to be scored or a grammatical structure to be parsed."

and felony rape.

What the 'rape hypothesis game' indicates is that its players fail to comprehend the serious consequences of rape and sexual assault for the survivors, which can include de-

pression, anxiety, phobia disorders, drug and alcohol abuse, suicide, physical injury, pregnancy, sexually transmitted diseases, etc. Statistically, one in four college women will be the victim of rape or sexual assault. They're all somebody's daughter, sister, girlfriend, future wife and mother. Think about that for a minute.

For the guys who have read this far, ask yourself, "Do I want my sister, mother, aunt, daughter, girlfriend or future wife to experience the violation of rape and its consequences? Exactly how close do I want them to come to it?"

Rape and sexual assault are not a game to be scored or a grammatical structure to be parsed. They are criminal violations of another person's right to bodily integrity and personal control.

Why would you want to get any closer to it than you absolutely have to?

Michael is a lecturer in the Women and Gender Studies Program. He can be reached via e-mail at nmurphy@wustl.edu.

SPORTS

MARATHON

Just 26.2 miles from glory

❖ Two grad students find marathon success



Grad students John Aerni and Zac Freudenburg after the St. Patrick's Day Parade Run in downtown St. Louis last month.

BY TRISHA WOLF
SENIOR SPORTS EDITOR

What does it take to be successful in a marathon? Practice, and in the case of Zac Freudenburg and John Aerni, times of 2:21:40 and 2:29:38, respectively.

These Washington University graduate students made their marks at the recent Boston and St. Louis marathons.

On April 15, Aerni finished second in St. Louis' 26.2 mile road race. The assistant cross country coach studying African history was running only his second marathon. Four years ago, he won his rookie race, Cincinnati's Flying Pig Marathon. He first began running in junior high and progressed to be an All-American in track and cross country at Grinnell College.

"I led the first 24 miles, but I died hard in the last four. By mile 11 or 12 I could tell this was not going to be the greatest race. I didn't slow down that much, but it was enough to get caught," said Aerni.

The following day, former Belmont All-American Freudenburg finished 19th in Boston. Only 7:27 behind Kenya's Robert Cheruiyot, the world's top marathoner, Freudenburg qualified for the November 3 US Olympic Marathon Trials which will select three representatives for the 2008 Beijing Olympics.

More impressively, this was his first road marathon. It was the idea of extreme marathons that first drew him into the sport and he scheduled himself to run in Antarctica's marathon. When those plans fell through, someone mentioned a race at

Pike's Peak to him.

"The mountain marathon at Pike's Peak was my first marathon," he said. "There I qualified for the World Mountain Running Championships. I wanted to run another marathon in between to stay in shape."

The former Midwest Conference rivals were surprised to find themselves together at Wash. U. After competing against each other, they were excited to run together again.

"This time, however, they ran as training partners instead of foes. "It was nice to have John here and get him excited about running again," said Freudenburg.

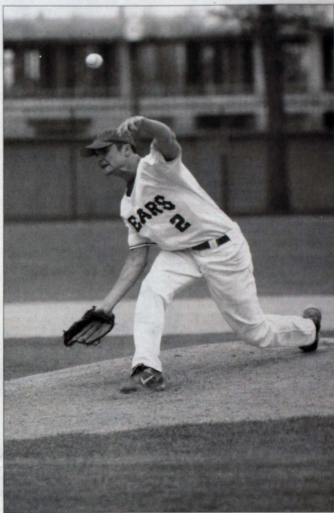
"One of the nice things about running is you don't have to hate the other person," added Aerni.

In preparation for his race, Aerni ran 85-90 miles a week. This included a 20 mile stretch once a week. Freudenburg finds buildings to run stairs in order to train muscles for mountain running. Unfortunately, this does not help with altitude training.

After another successful marathon, Aerni thinks this may be his last. He will spend the summer doing research in Lesotho, a country in southern Africa, and plans on continuing to train for half marathons.

Freudenburg will instead spend the next several months training for his September mountain race in Switzerland and the Olympic trials. After finishing sixth among the Americans in Boston, finishing in the top three is not out of the question for Wash. U.'s own computer science student.

There's the pitch



Andy Shields in Tuesday's home match-up against Westminster College. The 13th-ranked Bears (28-5) defeated the Blue Jays (13-19) 7-3. Senior pitcher Andy Shields pitched the complete game, allowing just six hits while striking out 11. Sophomore Gregg Kennedy notched his first career home run and finished the day with two runs and one RBI. The Bears return to action Saturday when they play the University of Chicago at 10 and Case Western at 1. They play at the same times with the teams reversed on Sunday. All games are at Kelly Field.

MEN'S TENNIS

Ninth ranked Bears dominant in UAA warm-ups

❖ Team looks to improve upon last year's second place finish in UAA Championships this weekend

BOX SCORES

Southern Illinois-Edwardsville (10-11) vs Washington University (15-3)

#10 Washington University 9, Southern Illinois-Edwardsville 0

April 18, 2007

Singles competition

1. Charlie Cutler (WASHU) def. Doug Kim (SIEU) 6-4, 6-1
2. Chris Hoeland (WASHU) def. Zach Allison (SIEU) 3-6, 5-5, retired
3. Danny Levy (WASHU) def. Thibaud Chevalier (SIEU) 6-4, 7-6 (7-4)
4. Charlie Howard (WASHU) def. Mike Jolly (SIEU) 6-2, 6-4
5. Nirmal Choradia (WASHU) def. Nicolas Garrison (SIEU) 6-3, 6-2
6. Mark Partridge (WASHU) def. Del DeLaCruz (SIEU) 6-3, 6-2

Doubles competition

1. Cutler/Hoeland (WASHU) def. Allison/Chevalier (SIEU) 8-5, 7-6
2. Travis Bowman/Choradia (WASHU) def. Jolly/Garrison (SIEU) 8-2
3. Partridge/Hoeland (WASHU) def. Kim/DelDeCruz (SIEU) 8-4

Lindenwood University (13-7) vs Washington University (16-3)

#9 Washington University 5, Lindenwood University 0

April 24, 2007

Singles competition

1. #10 Charlie Cutler (WASHU) vs. Abdelkarim Idrissi (LNU) unfinished
2. #16 John Watts (WASHU) vs. Michael Vargas (LNU) unfinished
3. Chris Hoeland (WASHU) vs. Iston Benjamin (LNU) unfinished
4. Danny Levy (WASHU) vs. Giovanni Maggia (LNU) unfinished
5. Charlie Howard (WASHU) def. A. Blanken (LNU) 6-2, 6-0
6. Nirmal Choradia (WASHU) def. Scott Schlueter (LNU) 6-1, 6-1

Doubles competition

1. Cutler/Hoeland (WASHU) def. Idrissi/Vargas (LNU) 8-1
2. Choradia/Travis Bowman (WASHU) def. Maggia/Benjamin (LNU) 8-1
3. Partridge/Hoeland (WASHU) def. Blanken/Schlueter (LNU) 8-0

BY JEFF LESSER
SPORTS REPORTER

For the Bears, having no news may, in fact, be good news.

Little changed this past week, as the now ninth-ranked Wash. U. men's tennis team continued its charge towards the end of the year. The Bears defeated Division II opponent Southern Illinois-Edwardsville 9-0 last Wednesday, April 18 before following that with a 5-0 sweep of Lindenwood University this past Tuesday, extending the team's winning streak to 12 wins.

Against Southern Illinois-Edwardsville, sophomore Charlie Cutler led the way with a 6-4, 6-1 victory at first singles and teamed with classmate Chris Hoeland to also capture the first doubles, by a score of 8-5. Hoeland played at second singles, a spot higher than his normal third singles, and dropped a set before emerging triumphant, 3-6, 5-5 (retired).

The Bears did not drop another set on the way to the team's 11th straight victory. Wash. U. followed a similar script on Tuesday, when the Bears again swept the doubles to pace team victory. Cutler and Hoeland teamed at first doubles to win, 8-1. Sophomores Nirmal Choradia and Travis Bowman joined forces at second doubles for an 8-1 triumph, and freshman John Watts and junior captain Charlie Howard won at third doubles, 8-0.

Other wins for the Bears came at fifth and sixth singles, where neither Howard nor Choradia gave up a set en route

to victories. With the 5-0 victory in hand, the remainder of the singles matches could not be completed. The Bears had, nonetheless, won their 12th straight match.

With the wins, Cutler has vaulted to the 10th-ranked singles spot in all of Division II tennis. He is now 11-5 for the year at first singles, alone, and 18-6 overall. Watts, the 14th-ranked player nationally, has won 14 straight matches and

is 14-1 for the year at second singles and 24-4 overall. Other notable streaks belong to Howard, who has won 11 straight singles matches, and freshman Danny Levy, who has won 10 straight.

The Bears are now 16-3 overall on the season, after only a 4-3 start. Wash. U. is ranked ninth nationally as a team heading into the coveted UAA Championships this coming weekend in Cleveland, Ohio.

In the UAA Championships, the Bears will first face New York University on Friday at 1:30 p.m. before taking on either Carnegie Mellon University or Case Western Reserve University on Saturday. In the case that the Bears advance to the finals, they will play on Sunday.

Wash. U. has already defeated NYU earlier this year, by a score of 9-0 on March 13 in California.

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Health Beat

W e've all been there before—textbook crunched open, pen in hand, and all of a sudden your stomach starts to growl. It's time to take a break, and snacking is the perfect excuse. In fact, many students admit to snacking while studying just because it helps pass the time.

While in Olin library, students often run to whisperers to relieve hunger. Unfortunately, most students head towards the pastry display or the grab-n-go snacks in plastic bags. Scones, yogurt-covered pretzels and chocolate-covered espresso beans don't really qualify as "healthy" snacks. So, to help you through your study session pangs, I have outlined a list of healthy snack options that you can find at the library or make at home.

If you are just in the mood to munch but already ate a meal, opt for vegetables and fruits. They are full of fiber and low in calories, so they will fill you up quickly without expanding your waistline. I

recommend the pre-packaged vegetable platters and fruit salad in the library, as well as any of the whole fruit. Both Bear Mart and the Village Cafe also sell small packages of baby carrots, which are convenient to stuff in a backpack and are pretty tasty too. Prepackaged hummus and pita chips are also available on campus, and because of the balance of protein and carbohydrates these foods provide, they can be a great snack. To find out more about the prepackaged food items prepared by Ron Appelt, check out the dining services website and look at the nutritional information: <http://dining-services.wustl.edu>.

A great way to take a piece of fruit and make it a bit more filling is to add a peanut butter. Peanut butter is great with bananas or apples, and the added bit of protein and fat can do a lot to fill you up. Cheese is also a good source of protein that complements fruit. However, be aware that the full-fat cheese in Ron Appelt's fruit and cheese plat-

ters is loaded with calories and fat, and may not be the slimming snack you had in mind. Instead, head to Bear Mart or the Village Cafe to buy part-skim string cheeses. These usually have only 40 calories and 5 or fewer grams of fat. Pair that kind of string cheese with an apple, and you have yourself a healthy and filling snack.

Whole-grain cereal is also a great option when you have the munchies. Take some of your favorite cereal, put it in a Ziploc bag, and take it with you to the library. You can always buy some milk downstairs to add protein and calcium and make your snack a bit more filling. Or try adding some raisins, dried cranberries, almonds, dried apricots, dried fruits and berries to cereal and create your own trail mix. Keep in mind that nuts and dried fruits, while healthy, are loaded with calories, but with that said, just a small amount with

some fiber-packed cereal could help you feeling very full.

For more traditional snacks that are fairly portable, granola bars, popcorn, and pretzels are all great options.

However, it is important not to overindulge on these snacks, since it's easy to write them off as "healthy" and munch on them nonstop.

To avoid continuous munching, I recommend buying smaller and healthier versions of your favorite treats. When purchasing granola bars, look for bars that stay around 100 calories. When it comes to popcorn, look for the new 100-calorie pop bags with only 3.5 grams of fat in butter and kettle corn flavors. As far as pretzels are concerned, keep in mind that if you buy a bag at the library, each bag has 220 calories—which means you could have two granola bars or two bags of popcorn for just one bag of pretzels.

Also, keep in mind that while these snacks are "healthier" options, they do not provide a lot of protein or vitamins and minerals. If you can, you are much better off snacking on the fruits, vegetables, nuts, cheese, and whole-grain cereal as I mentioned above.

As a general rule, avoid items from the pastry display or vending machine. Although food like muffins, scones, and Snickers bars may add an extra "pick-me-up," they are very low in nutrients and high in sugar and calories. The initial feeling of energy you get from eating a sugary snack will not last long, and soon you will feel more tired than if you had skipped the snack altogether. If you can't resist your craving for a muffin, I encourage you to try the lower-fat varieties. These muffins have only 220 calories and 2.5 grams of fat—compared to the 500 calories and close to 20 grams of fat that lurk in their full-fat counterparts.

Surprisingly, the biggest downfall of most students isn't

always the food they snack on, but rather the drinks they consume. Because drinks take less oral processing and leave us less satisfied than normal food, we often forget how many calories they can pack. Regular sodas have about 30 grams of sugar and 160 calories in every 8 ounces, but actually coffee drinks are the biggest source of hidden calories. Flavor syrups can add an extra 60 calories, while milk can add anywhere from 40-60 and whipped cream can add 80. These additions may make coffee tastier, but the additional calories they provide are usually "empty," which means they are consumed without really filling you up. Opt for sugar-free syrups when you can and pick skim milk instead of regular to reduce the amount of calories in your lattes. Check out www.starbucks.com/realnutrition, info.asp to find out how many calories are in traditional coffee drinks. Good luck on finals, everyone. Study hard, eat right and ace those tests!

BY ELYSE MARISSA SCENE REPORTER

W hen the other day, I unexpectedly walked into my friend's room. Not surprisingly, she was checking Facebook. I didn't really understand how the look on her face corresponded to the mild stalling she was doing. Then, I learned the real reason for her distress.

Since the beginning of the semester my friend has liked a boy that she has a couple classes with. They talk frequently, have decent conversations and generally enjoy each other's company. She's very attracted to him and she was hoping that he would reciprocate her feelings. She has never had a boyfriend before and despite the fact that she's had many crushes this year, this boy stood out to her as a particularly promising potential boyfriend.

All too abruptly, Facebook crushed her hopes when the boy's relationship status went from "single" to simply blank. For those not familiar with the intricate workings of Facebook statuses, any sign of ambiguity in relationship status leads to controversy. If he wasn't single, what was he in her eyes, the lack of a definite status clouded her own mental clarity.

As my friends and I sat in my room trying to console her, she finally (and explosively) exclaimed, "I wish I had a boyfriend! I miss not having someone!" My cynical yet brutally honest friend

responded, "You can't miss something that you never had. It's easier to miss something for someone if you already had it."

I sat there for a second contemplating her words, and then I came to the conclusion that I completely disagreed.

Sure, if you've already had a boyfriend and you're currently single, you probably miss the physical and emotional support that significant other provided. When you enter a relationship, you start devoting more of your time exclusively to a particular person, so when you break up, you're left with a void. You feel like you might want to get back together with your ex, but then you realize that you have to move on. If no one ever moved on, we would all marry the first significant other we had.

But what happens when, as Kate Winslet so aptly said in "The Holiday," you have the worst kind of love? What if you miss someone who is not your time exclusively, your time overlapping, contemplating, or even stalking the object of your desires, only to realize that that person doesn't feel the same way? Unrequited love can take up as much time, energy and emotional weight as a real relationship. I think it's equally as crushing to lose a person and wish that you were dating, than to miss a relationship that has already fizzled.

You might have never started dating the person, but you've probably imagined the dates in your head. You've probably wondered what it

would be like to be alone with the other person, and you've probably felt crestfallen every time and realize that kind of situation will never occur. You might have never been one of the PDA couples at Ursula's on a Saturday night, but you've tried to live vicariously through one of their dates.

In the end, my friend might never have had a chance with this guy—not necessarily because of compatibility issues, but because it wasn't meant to be. However, I still think that there's truth in her missing something that she's never had. Of course, you can miss the

way your previous boyfriend looked at you when you got all dressed up for one of your dates. You can miss the feeling of confiding your deepest thoughts and desires to someone. You can miss the physical and emotional connection between two people is almost palpable, and you can

feel the depth of their bond. This is what gives so many people, including my friend, a wish for a relationship, and a desire for something they've never experienced. Good luck on finals, everyone. Just because we're not feeling it, that doesn't mean we don't want to.

Missing what was never there

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Kitchen novice: learning how to cook

BY JACLYN ALLEN
SCENE REPORTER

Many of us will be moving into apartments this summer, be the move for a summer adventure of a post-graduation job. For better or for worse, this means introducing ourselves to that scary place called the kitchen. Maybe the most valuable culinary skills you have

involve a microwave, or maybe you can only boil water. Don't worry—there are plenty of ways to expand your repertoire.

Perhaps one of the best ways to learn how to cook is taking a class. You can actually see what you're supposed to be doing and the instructor can help with any problems you have. My favorite cooking school has to be Kitchen Conservatory (8021

Clayton Rd., 314.862.2110). Only 10 minutes away from campus by car, this place has a wide selection of classes on various types of cuisines, all taught in on-site learning kitchens. Classes range from two to three hours and are held either mid-morning or later in the evening. Kitchen Conservatory has a class that are particularly good for novice chefs. There

will also be a "Knife Skills" class (\$40) offered on May 3 that teaches how to choose and use knifes. A cook who wants a comprehensive education, however, should start with "The Basics of Cooking" (\$175). Starting in September, this week-class teaches a student how to sauté, roast, pan-sear, stir-fry, make sauces and more. It will be held on Wednesday nights from 6 p.m. to 8:30 p.m. The full cooking class schedule and online registration can be found at www.kitchenconservatory.com. No matter what class you decide to take, you'll receive a 10 percent store discount afterwards for just that day.

Another great place for classes is The Viking Store (1811 S. Brentwood). Their full schedule and sign-up is online at www.vikingcookingacademy.com. For a four-hour culinary immersion, try their "One Day Culinary Basics" (\$125). This class covers knife skills, kitchen safety and sanitation, sautéing, stocks, basic sauces and baking. If you really want to know as much about cooking as possible, go for "Cook Without a Book" (\$389). After this 12-week class, which teaches you everything from stocks and sauces to pastries and cakes, you'll be ready to tackle that kitchen with gusto. A little too intense? You can go to a single class from the series for \$40.

Classes aren't for everyone—maybe you're a traditionalist who prefers to learn from a book. The most comprehensive beginner's cookbook I've found is Mark Bittman's "How to Cook Everything: Simple Recipes for Great Food" (Wiley Publications, Inc., \$35.00). As "The Minimalist" columnist for the New York Times, this guy certainly knows how to make cooking simple. His recipes are straightforward and unfamiliar techniques like preparing corn or carving a turkey are explained in simple bars with detailed illustrations. Some ingredient buying tips are included as well.

An unfortunate drawback to Bittman's book is its left. At 900 pages, this book may be difficult to carry around the kitchen—or to the cashier, for that matter. And then there's the price. If either of these are concerns, go for the smaller version, "How to Cook Everything: The Basics" (\$20). Beware that this book lives up to its title and only includes very basic recipes. Still, its inclusion of the how-to illustrations and its ability to lie flat when opened make it worth your while.

Of course, not everyone wants as much information as Bittman provides. If this is you, try "Help My Apartment Wants as Much Information as Great Recipes with Foolproof Instructions" (Houghton Mifflin, \$15.95). I've actually picked this up for friends who have moved into apartments, partly for the funny title as well as

the recipes. Designated as Very Easy or Not-So-Easy, this cookbook's recipes should help the absolute beginner gain some confidence in the kitchen. "Mom tips" and "Mom warnings" cover all the common sense that isn't known by new cooks. One complaint about this book is that its ingredient lists can run a bit long because the recipes don't rely too much on packaged foods. That's not always a bad thing, though.

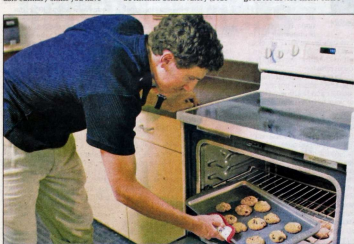
And what if you want some cooking lessons for free? No, I'm not talking about cable. I'm talking about podcasts. With the rising popularity of programs like iTunes, people have been creating and posting shows on their favorite hobbies, including food and cooking. Looking under the Food section in my iTunes, I came across a podcast called "Start Cooking." Actually a videotape, each episode shows how to make a particular recipe, like Irish bread or lasagna. The videos are short and a little jerky, but the grocery and equipment lists at the end of each episode allow for easy identification of these items in the grocery store or kitchen.

The kitchen doesn't have to be a scary place and picking up some new skills at a class or from a book or podcast may help make the introduction to this up for friends who have moved into apartments, partly for the funny title as well as

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Freshman and chef extraordinaire Will Fischer takes a fresh batch of cookies out of the oven in Unirah.

Stepping Out

BY BROOKE SCHACHNER
AND ERIC GERMAN
SCENE REPORTERS

After hearing so much buzz about Harvest all year, we decided to finally try it out for Eric's birthday dinner. As the day approached, our excitement mounted. In fact, one of the most appealing things about Harvest can be appreciated before you actually get there. The restaurant's proximity to campus means that it's only a long walk or a cheap cab ride away. Seeing as we are two people without access to a car, this was pretty great news. Plus, the idea of fresh, local ingredients is foreign to

the average diner. On paper, Harvest seemed inviting and extremely promising.

Once we arrived, the theme of the restaurant became clear: nature. The lights were dim enough to create a romantic atmosphere, but bright enough so our fellow patrons could read the menu with ease. Everything from the chairs to the structural design had an organic feel. The terracotta, dark yellow and deep blue tones all added to the cozy, warm setting. Also worth mentioning is the bar, which was bustling even on a Thursday night.

Harvest's menu is extensive and currently specific to early spring. It includes a daily

selection of fresh oysters, foie gras, scallops, and pork tenderloin. Harvest also boasts a "spa menu" in the aim to create a guilt-free way of eating out. The food on this menu is cooked without butter, oil, or cream, making it very low in fat and cholesterol. Harvest's spa menu has several salads and spring rolls, as well as fish, chicken, and steak.

Harvest's menu goes along with the nature motif. Offerings change with the seasons and the restaurant's chefs strive to include fresh, local ingredients. Our waiter, who was attentive all night, listed the specials as a bar-mundi dish (bar-mundi is kind of like a more delicate swordfish) and a lamb dish. Interestingly enough, he also informed us that the lamb came from a farm close by in Missouri. But, this was no ordinary lamb chop that you buy from a butcher. The plate included five different cuts of lamb cooked five different

Harvest
1059 South Big Bend Blvd.
St. Louis, MO 63117
\$20-25

ways. Once we decided on our appetizer and main courses, we thumbed through the long wine list and the waiter kindly advised us on what particular kind went best with the meal we had ordered.

For a place that claims on its Web site to excel at what it refers to as "slow food," the service at Harvest leaves nothing to be desired. Shortly after we ordered, we were brought bread and two kinds of flavored butter. Though we disagreed about the quality of the spreads, it was nice to know that the spreads were natural and unprocessed. Before we knew it, our appetizer had arrived. While there was only one medium-sized crab cake, the dish was excellent. Light and crispy, it was within the realm of possibility to say it was the best crab cake we have ever tasted. The chipotle aioli sauce it came with was tangy and complex: a perfect companion.

After the appetizer came

Rating: ★★★★★☆

our main courses of lamb (the aforementioned special) and chicken. While two of the varieties of marinated lamb were delicious, the prepared sweet orange mint sauce, the three other ways the meat was prepared were pleasantly unexpected. First, one of these cuts was breaded. While one might think this was merely fried lamb, the breading was very light and delicate. In fact, this portion of the dish was so delectable, it could have been its own entrée. The next cut was made into sausage. Though this sounds almost absurd, this little two-ounce sausage stood on its own as well. Finally, there was a barbecued lamb rib that was at the top of the plate and put all beef and pork ribs to shame. The noodle side dish was fair, but nothing could compare to the attention to detail put into the entrée it complemented.

The main course of lamb was a main course off of the highly lauded spa menu. Though it

is described on the menu as skinnier, this actually proved to be untrue. This mistake was quickly forgiven, however, when we tasted the chicken's accompanying sauce. With a delicious mushroom flavor, it worked beautifully with the poultry, the asparagus, and the garlic mashed potatoes. Unfortunately, the lack of oil or butter in the cooking of the dish was excellent, the consistency attained an otherwise perfect meal.

It might be a good idea to avoid the spa menu if you are looking for a richer meal. Yet, for us all, Harvest remains a great restaurant with a natural appeal, helpful staff, and, most importantly, good food. Though it is a little pricey, the casual dining room and short distance from campus make it a place we would recommend to any student looking for a delicious meal.

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Sudoku By Michael Mepham

Level: **2 3 4**

Complete the grid so each row, column and 3-by-3 box (in best interests contains every digit 1 to 9. (see www.sudoku.org.uk)

Solution to Wednesday's puzzle

5	3	1	6	7	2	4	8	9
7	9	8	1	5	6	3	2	4
4	6	2	3	8	9	7	1	5
1	5	4	7	2	6	3	9	8
6	8	9	5	3	4	1	2	7
3	2	7	1	9	8	5	4	6
8	1	3	2	6	7	9	5	4
9	7	5	8	1	3	4	2	6
2	4	9	8	3	5	6	1	7

Crossword

ACROSS

- Full of energy
- 6' 6"
- 9 Shuett Sam
- 14 Fred Astaire's sister
- 15 Not at home
- 21 Card's land
- 27 Tear open
- 18 Raw mineral
- 20 Needlepoin
- 29 Ethopia
- 21 Gun or phone on stage
- 22 Follow a trail
- 23 Peler and gray
- 25 Gradually piers
- 26 Chart
- 28 Indulge
- 30 Biblical prophet
- 32 Big CA
- 33 Adeline Moore
- 37 Hit the skids
- 38 Oversee
- 41 Use a stiletto
- 42 Scooter
- 44 Scooter's
- 45 Find a sin for
- 47 Reddish-brown
- 48 Pinnad dances
- 52 Uthopia
- 53 Cyberspace message
- 62 Critic Roger
- 63 Bains piece
- 64 Metaphysical
- 65 Shipping
- 66 Thunderhead
- 67 Overly full
- 68 Less affluent
- 69 Australia and borealis
- 70 Bends
- 71 Mown strips
- 10 California
- 11 Trifled
- 11 Robert and
- 12 Clear frost
- 13 Cyber-space
- 14 quarter
- 15 punchy
- 16 Dismember
- 17 Urban
- 18 Trench
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- 100 Cherry

Solutions

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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SCENE

Spring Fashion in full bloom

BY BROOKE SCHACHNER
SCENE REPORTER

While sitting in any high traffic area on the South 40 or the Danforth Campus, it would be almost impossible to count the number of skirts, tank tops and sandals clothing students. This can only mean one thing: spring fashion is upon us. It's officially the time of year when (St. Louis weather permitting) people start to trade their winter coats and wool hats for sunglasses and short sleeved shirts.

Yes, Wash. U. warm weather is here to stay for the next few months.

So what trends can you expect to see on your fellow students? Romantic clothing is in this spring, and women are enjoying this seemingly classic trend. Frilly or lacy dresses and skirts are gaining popularity all over the country and that approval is being echoed here on campus.

To show this trend during the day, an embroidered tank top combined with a denim skirt will help you look good and survive the warm weather. For a more nighttime friendly outfit, try a lace shirt and jeans. Spring is the time to give up the stiffness of menswear inspired looks and embrace the girly side of fashion.

A time-honored springtime tradition is the exchange of dark shades like black and brown for brighter pinks, blues and yellows. Students like to match the natural palette by keeping it colorful during this time of year. Bright colors are trendy this season and they can be seen everywhere from bags to shoes.

When purchasing her spring wardrobe, freshman Swati Channani looked to the skies for inspiration.

"I bought a lot of light colors to go along with the weather," said Channani.

And what about men?

Men.style.com, the Web site of men's magazines GQ and Details, identifies nature friendly clothing as a major trend for this season. This look has already been seen all over campus, and will continue to be popular during springtime.

Nature-inspired means clothes that look earthy, so the kid who lives in his Birkenstocks is a lot more fashion-savvy than you think. This style is also reflected in the casual but trendy khaki shorts that many Wash. U. men wear on a daily basis.

Freshman Peter Comerford appreciates the many benefits of this style.

"I like these shorts because they're comfortable and still look good," said Comerford.

To keep up with this fad, look for neutral colors such as green and tan. These shades are both nature and spring friendly.

Perhaps more important than what's in style this season is what



PHOTO ILLUSTRATION BY SCOTT BRESSLER-STUDENT LIFE



PHOTO ILLUSTRATION BY LYNNE SHENKART-STUDENT LIFE

This spring, pick a palette of bright colors. Also, dresses are a must-have wardrobe element this season.
L to R: Helen Wang, Ashlee Hurtt, Jessica Lodewyk, Alex Choi and MeiMei Zhu

people hope went out of style with the winter snow. Freshman Mathew Cortner has an idea of what should be out.

"I hate it when girls wear leggings with a tee-shirt," said Cortner. "I just don't get it."

Luckily for Cortner, with higher temperatures here and summer on its way, many girls have already given up on leggings and have started to wear one of spring's hottest trends: shorts.

These bottoms have always been a warm weather staple and are now more popular than ever thanks to their availability in a variety of lengths.

Girls on Wash. U.'s campus can be seen sporting everything from short-shorts to longer, knee length pairs, also known as Bermuda shorts.

Whatever the season, one thing will always be fashionable on this campus: comfort. Most students strive to create a balance between wearing trendy clothing and being able to relax during hours of class.

"I try to look good, but not at the expense of comfort," said freshman Andrew Bochner. Remember, no matter what you wear this spring, being comfortable is always in style.

Pick-up lines you hope to never hear

Let's make like a fabric softener and Snuggle.

Can I borrow a quarter? I want to call your mother and thank her.

Was your father an alien? Because there's nothing else like you on Earth!

You be the biscuits and I'll be the gravy — let's do breakfast sometime.

You're like a dictionary. You put meaning in my life!

Hello, I'm a thief, and I'm here to steal your heart.

Excuse me, but I think I dropped something... my jaw!

Your name must be Mickey because you're so fine.

What was that sound? It was the sound of my heart breaking.

Your eyes are blue, like the ocean. And baby, I'm lost at sea.

Do you have a map? I just keep on getting lost in your eyes.

Am I dead, Angel? Cause this must be heaven!

"Hey! Remember me? We went to different high schools together."

My lips are skittles, wanna taste the rainbow?

Did you clean your pants with Windex? I can practically see myself in them.

Baby, if you were words on a page, you'd be what they call FINE PRINT!